

Counting the Hours of Service

- 1) Find Your 10 Hour Break
- 2) Draw Your Start Line
- 3) Find Your Next 10 Hour Break
- 4) Draw Your Stop Line
- 5) Count Between The Start Line & Stop Line
- 6) Draw Your Next Start Line
- 7) Go Back To Step 3 & Continue The Cycle

Start Lines

10 Hour Continuous Break – Always draw start line at the **end** of the 10 hour break

Sleeper Break Provision – Always draw the start line at the **end** of the first sleeper segment

Stop Lines

10 Hour Continuous Break - Always draw stop line at the **beginning** of the 10 hour break

Sleeper Break Provision – Always draw stop line at the **beginning** of the second sleeper berth segment

11 Hour Rule

Count **ONLY** Driving Time

14 Hour Rule

Count **ALL TIME** Except 10 consecutive hours off duty (off duty, sleeper berth or combination of the two) & a minimum of 8 hours in the Sleeper Berth.

REMEMBER!

He/She is **ONLY IN VIOLATION**

While He/She is **DRIVING**

Hours of Service (HOS) log book examples – Revised 2005

Click on the link:

<http://www.fmcsa.dot.gov/rules-regulations/topics/hos/hos-logbook-examples.htm>